

Floating

1. How does it sound to be able to 'float' more? What does it mean to you to allow yourself to float?
2. What area of your life would you like to 'float' in more?
3. What area of your life can you not even imagine floating in (but you would wish for more floating in the future)?
4. When you are 'floating' - who or what can you trust is taking care of things? (Spirit, nature, divine flow, etc.)
5. What could you gain from floating more in your day to day life?
6. When you picture yourself floating, what do you imagine you are floating in or on? (Could be a certain floating device and a certain body of water.)

7. As you're floating, what do you want to stay open to or aware of?

8. How do you want floating to feel to you? (Safe, fun, energizing, inspiring, etc.)

9. What do you want to allow more of into your life while you are surrendering to floating?

10. Anything else you want to share about floating?